



"I have my eyes
checked by an
eye doctor every
year. Last time I
found out I needed
new glasses."

What YOU Can Do To Prevent Falls:

Have your vision checked

Three other things **YOU** can do to prevent falls:

- 1 Begin a regular exercise program
- 2 Have your health care provider review your medicines
- 3 Make your home safer


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Department of Health and Human Services
Centers for Disease Control and Prevention

For more information, contact: Centers for Disease Control and Prevention • 770-488-1506 • www.cdc.gov/injury





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“Exercise makes me stronger and helps me feel better.”



What YOU Can Do To Prevent Falls:

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Photo courtesy of Jake Poulos

"I'm glad I had
handrails put on
both sides of
my stairs."



“My doctor and I talked about my medicines. One kind made me dizzy so he prescribed something else.”

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